



# Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts

By Guy Winch Ph.D.

[Download now](#)

[Read Online](#) 

## Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts By Guy Winch Ph.D.

Heal small emotional injuries before they become big ones.

We all sustain emotional wounds. Failure, guilt, rejection, and loss are as much a part of life as the occasional scraped elbow. But while we typically bandage a cut or ice a sprained ankle, our first aid kit for emotional injuries is not just understocked—it's nonexistent.

Fortunately, there *is* such a thing as mental first aid for battered emotions. Drawing on the latest scientific research and using real-life examples, practicing psychologist Guy Winch, Ph.D. offers specific step-by-step treatments that are fast, simple, and effective. Prescriptive and unique, *Emotional First Aid* is essential reading for anyone looking to become more resilient, build self-esteem, and let go of the hurts and hang-ups that are holding them back.

*From the Trade Paperback edition.*

 [Download Emotional First Aid: Healing Rejection, Guilt, Fai ...pdf](#)

 [Read Online Emotional First Aid: Healing Rejection, Guilt, F ...pdf](#)

# Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts

By Guy Winch Ph.D.

**Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts** By Guy Winch Ph.D.

Heal small emotional injuries before they become big ones.

We all sustain emotional wounds. Failure, guilt, rejection, and loss are as much a part of life as the occasional scraped elbow. But while we typically bandage a cut or ice a sprained ankle, our first aid kit for emotional injuries is not just understocked—it's nonexistent.

Fortunately, there *is* such a thing as mental first aid for battered emotions. Drawing on the latest scientific research and using real-life examples, practicing psychologist Guy Winch, Ph.D. offers specific step-by-step treatments that are fast, simple, and effective. Prescriptive and unique, *Emotional First Aid* is essential reading for anyone looking to become more resilient, build self-esteem, and let go of the hurts and hang-ups that are holding them back.

*From the Trade Paperback edition.*

**Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts** By Guy Winch Ph.D. **Bibliography**

- Sales Rank: #20275 in eBooks
- Published on: 2013-07-25
- Released on: 2013-07-25
- Format: Kindle eBook

 [Download Emotional First Aid: Healing Rejection, Guilt, Fai ...pdf](#)

 [Read Online Emotional First Aid: Healing Rejection, Guilt, F ...pdf](#)

## Download and Read Free Online Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts By Guy Winch Ph.D.

---

### Editorial Review

#### Review

"Dr. Guy Winch's practical, clever and clear-headed book offers proven remedies for the myriad pains of daily life. Timely application will prevent small and medium-size emotional ills from becoming bigger ones—and that's just what the psychotherapist ordered."

—Jeanne Safer, PhD, author of *Cain's Legacy: Liberating Siblings from a Lifetime of Rage, Shame, Secrecy, and Regret*

"The advice Winch offers in this refreshingly useful book is both practical and practicable -- down-to-earth techniques that really can bring relief when things feel like they're falling apart."

—Anneli Rufus, author of *The Big Book of Low Self-Esteem*

#### About the Author

**Guy Winch** is a psychologist with a private practice in Manhattan as well as an amateur stand-up comedian.

### Users Review

#### From reader reviews:

##### Grace Moreno:

The book Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts can give more knowledge and information about everything you want. So why must we leave the best thing like a book Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts? Several of you have a different opinion about e-book. But one aim that book can give many data for us. It is absolutely appropriate. Right now, try to closer using your book. Knowledge or data that you take for that, you could give for each other; you could share all of these. Book Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts has simple shape but you know: it has great and massive function for you. You can appearance the enormous world by available and read a book. So it is very wonderful.

##### Regina Laporte:

This Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts book is just not ordinary book, you have after that it the world is in your hands. The benefit you receive by reading this book is information inside this publication incredible fresh, you will get information which is getting deeper you read a lot of information you will get. This specific Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts without we understand teach the one who examining it become critical in thinking and analyzing. Don't become worry Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts can bring when you are and not make your handbag space or bookshelves' turn out to be full because you can have it in your lovely laptop even telephone. This Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts having excellent arrangement in word along with layout, so you will not experience uninterested in reading.

**Dennis James:**

Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts can be one of your nice books that are good idea. We all recommend that straight away because this book has good vocabulary which could increase your knowledge in vocabulary, easy to understand, bit entertaining but delivering the information. The writer giving his/her effort to get every word into pleasure arrangement in writing Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts although doesn't forget the main stage, giving the reader the hottest in addition to based confirm resource data that maybe you can be considered one of it. This great information can drawn you into brand new stage of crucial pondering.

**Charles Howell:**

Is it you who having spare time and then spend it whole day by simply watching television programs or just laying on the bed? Do you need something new? This Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts can be the answer, oh how comes? A fresh book you know. You are therefore out of date, spending your extra time by reading in this completely new era is common not a nerd activity. So what these guides have than the others?

**Download and Read Online Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts By Guy Winch Ph.D.  
#0S7E1XCW2QL**

# **Read Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts By Guy Winch Ph.D. for online ebook**

Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts By Guy Winch Ph.D. Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts By Guy Winch Ph.D. books to read online.

## **Online Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts By Guy Winch Ph.D. ebook PDF download**

**Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts By Guy Winch Ph.D. Doc**

**Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts By Guy Winch Ph.D. MobiPocket**

**Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts By Guy Winch Ph.D. EPub**